




AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY
SENIOR DINING AND HOME DELIVERED MENU JANUARY 2016

Monday	Tuesday	Wednesday	Thursday	Friday
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				HAPPY NEW YEAR! PROGRAM CLOSED
4	5	6	7	8
Lemon Pepper Chicken Breast Spiral Pasta with sauce Steamed Spinach Dinner Roll/Butter Butterscotch Pudding Alt. Diet pudding	Meatloaf/Ketchup Baby Red Potatoes Cauliflower Bread/Butter Peach Crisp Alt. Peaches	Open Faced Turkey Sandwich with Gravy Mashed Potatoes w/ gravy Brussels Sprouts Rice Krispies Treat Alt: Fruit	BBQ Chicken Potato Salad Baked Beans Wheat Bread w/Butter Seafoam Gelatin Dessert Alt. Diet Gelatin	Pepper Steak over Steamed Rice Dilled Carrots Bread/butter Pineapple
11	12	13	14	15
Green Pepper Casserole Broccoli Florets Garlic Bread Stick Fresh Orange Lemon Pudding Alt. Diet Lemon Pudding	Polish Sausage Pickled Red Cabbage Buttered Potatoes Rye Bread / butter Ketchup & Mustard Oatmeal Raisin Cookie Alt. Raisins	Baked Potato Stuffed with Taco Meat Southwest Style Corn Lettuce/Tomato Shredded Cheese Sour Cream Dinner Roll / butter Fresh Fruit	Chicken Stroganoff Parsley Buttered Noodles Romaine Salad w/ Ranch Wheat Bread / butter Mandarin Oranges	BBQ Pulled Pork on Whole Wheat Bun Creamy Coleslaw Potato Salad Brownie Alt. Lorna Doone
18	19	20	21	22
DR. REV. MLK DAY Baked Chicken Mashed Sweet Potatoes w/butter Creamed Spinach Cornbread w/ butter Apple Pie Alt: Fresh Apple	Cheese Omelet Ham Slice Croissant American Fries / ketchup Apple Juice Coffee Cake Alt: Fresh Orange	Boneless Pork Loin w/ Sage Gravy Rotini Noodles w/ gravy Harvard Beets Multi-Grain Dinner Roll w/ butter Fresh Banana	Old Fashioned Beef Stew w/ Mashed Potatoes Spinach Salad w/Raspberry Dressing Rye Bread / butter Apple Crisp Alt. Apple Slices	Roast Turkey w/Gravy Stuffing Country Vegetables Cranberry Compote Dinner Roll / butter Butterscotch Pudding Alt. Banana
25	26	27	28	29
Cranberry Meatballs Roasted Baby Reds Oriental Vegetable Blend Dinner Roll / butter Snickerdoodle Cookie Alt. Tropical Fruit Cup	Sweet & Sour Pork Brown Rice Maui Vegetable Blend Bread / butter Sliced Peaches	Chicken Marsala Whole Grain Pasta w/ Garlic Pesto Sauce Winter Veg Blend Italian Bread / butter Pineapple Pudding Alt. Fresh Fruit	Pub Burger w/Onions And provolone Onion Bun Potato Casserole Green Beans Dinner Roll / butter Orange Sherbet Alt. Fresh Orange	Healthy Baked Fish w/Tartar Sauce Macaroni & Cheese Broccoli Salad Rye Bread / butter Frosted Cake Alt: Diet cookie

SENIOR DINING AND HOME DELIVERED MEAL MENU FEBRUARY, 2016

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Peachy Pork Roast Cheesy Diced Potato Casserole Maui Vegetable Blend Potato Dinner Roll w/ butter Fruited Yogurt	Groundhog Day Sloppy Joe Whole Wheat Bun American Potato Salad Carrot Raisin Salad Rice Krispies Treat Alt. Canned Pears	Crab Pasta Salad Marinated Vegetable Salad Dinner Roll /butter Apricots Dessert Bar Alt. Fresh Fruit	Lemon Garlic Chicken Wild Rice Blend Mixed Vegetable Seven Grain Bread w/ butter Cinnamon Apple Slices	Swedish Meatballs Buttered Noodles Country Vegetable Blend Wheat Bread / butter Pear Half Tapioca Pudding Alt. Diet Pudding
8	9	10	11	12
Italian Sausage w/Marinara Sauce and onions and peppers Sausage Bun Italian Vegetable Blend Crusty Roll / butter Peaches	MARDIS GRAS / FAT TUESDAY Chicken Gumbo Red Beans and Rice Southern Green Beans Cornbread muffin / butter Pazcki Alt: Diet Cookie	VALENTINE'S DAY Roast Beef w/ Gravy Baked Potato w/ Butter and Sour Cream Broccoli Salad Split top Roll w/ Butter Cream Pie Alt: Diet Pudding	BBQ Boneless Country-Style Pork Potato Pancakes Ketchup pkt Southwest-style Corn Potato Roll w/ butter Tropical Fruit Salad	Beef Macaroni Casserole Three Bean Salad Cornbread/Butter Fruit Cocktail Chocolate Chip Cookie Alt. Plain Cookie



PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE WITOUT NOTICE; 1% MILK INCLUDED; ALT= LOW SUGAR ALTERNATIVE